

WARNING!

This recipe contains nuts. If you have an allergy, swap the nuts for seeds.

THE LAB

Eight pages of things to make and do

TOP TIP

Add yoghurt or a plant-based alternative to your granola along with fresh fruit for a super-healthy breakfast.

Kitchen chemistry

Bake homemade granola

Keep your energy up with a breakfast packed with goodness.

What you need

- 2 tbsp vegetable oil
- 125ml maple syrup
- 2 tbsp honey
- 1 tsp vanilla extract
- 300g rolled oats
- 50g sunflower seeds
- 4 tbsp sesame seeds
- 50g pumpkin seeds
- 100g flaked almonds
- 100g raisins or other dried berries
- 50g coconut flakes
- Mixing bowl
- Spoon
- 2 baking trays
- Spatula
- Flat tray
- Airtight container

Instructions

- 1** Preheat the oven to 150°C. Mix together the oil, maple syrup, honey and vanilla extract in the bowl.
- 2** Add in oats, seeds and flaked almonds. Stir until the ingredients are combined.
- 3** Tip the mixture out over two baking trays and spread it out thinly. Flatten it down a little using a spatula.
- 4** Ask an adult to help you put the trays in the oven and bake the mixture for 15 minutes. Remove the trays and turn the mixture with the spatula. Add dried berries and coconut flakes and return to the oven for a further 15 minutes.
- 5** Once the oats have turned golden, scrape the mixture onto a flat tray and leave it to cool.
- 6** Your granola will keep for up to a month in an airtight container.



A delicious healthy treat.

How does it work?

Granola is made from oats, a type of cereal (grass) grown for its edible grain. Oats contain fibre – the parts of a plant that don't break down in your digestive system – and chemicals called carbohydrates. These are made up of sugar molecules linked together in long chains. Your body breaks this down slowly, giving you a steady supply of energy and keeping you feeling fuller for longer. Seeds contain omega-6, a type of fat that is good for your heart, and dried fruit counts towards your daily intake of fruit and veg.

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